

List of All Chemicals

P Gentiana scabra (Gentianaceae)

Common name(s)

Japanese Gentian

How used

Medicinal

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Plant Part	Low PPM	High PPM	StdDev	*Reference
ARSENIC	Root	--	1.06	-0.16	*

Activities (2)

Anorexic
Pesticide
Forest H. Nielsen, USDA, Grand Forks, various publications.

CALCIUM	Root	--	7490.0	0.01	*
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Activities (28)

AntiPMS 1 g/day
 Antiallergic 500 mg/day
 Antianxiety
 Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
 Antiarrhythmic 500-1,500 mg
 Antiarthritic 1,000 mg/day
 Antiatherosclerotic 500 mg/day
 Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
 Anticlimacteric 1,000-1,500 mg/day
 Antidepressant
 Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
 Antidote (Aluminum)
 Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
 Antidote (Lead)
 Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
 Antihyperkinetic
 Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
 Antihypertensive
 Antinsomniac
 Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
 Antimenopausal 1,000-1,500 mg/day
 Antiobesity
 Antiosteoporotic 500-2,000 mg/day
 Antiperiodontitic 750 mg/day
 Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
 Antirheumatic 1,000 mg/day
 Antistress 500-1,500 mg/day
 Antitic
 Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
 Anxiolytic 500-1,500 mg/day
 Calcium-Channel-Blocker
 Diuretic
 Hypocholesterolemic 500 mg/day
 Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
 Hypotensive 1 g/day
 Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
 Laxative 1,000-1,200 mg
 Tranquillizer 500-1,500 mg/day
 Vasodilator

COPPER	Root	--	18.0	0.7	*
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Activities (12)

Antianemic
 Antiarthritic
 Antidiabetic 2-4 mg/day
 Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
 Antifatigue
 Antinflammatory
 Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
 Antinociceptive
 Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
 Antiosteoporotic
 Cardioprotective
 Contraceptive
 Martindale's 28th
 Hypocholesterolemic
 Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Schizophrenogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
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GENTIANINE	Root	--	500.0	-1.0	*
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Activities (24)					
Analgesic	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)				
Antianaphylactic					
Antiarthritic					
Antibacterial					
Antiedemic					
Antihistaminic					
Antiinflammatory	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)				
Antimeningitic ivn man					
Antipsychotic	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)				
Antirheumatic					
Antishigellic					
Antistaphylococcic					
Antistreptococcic					
Ataractic	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)				
CNS-Paralytic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
CNS-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Corticosterogenic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.				
Emetic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.				
Hypoglycemic					
Hypotensive	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Myorelaxant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Neurotoxic	R.J. Hixtable (Huxtable, R.J. (as T. Max). 1992. This and That: The Essential Pharmacology of Herbs and Spices. Tips 13:15-20 Huxtable, R.J. 1992b. The Myth of Benficent Nature. The Risk of Herbal Preparations. Anns. Intern. Med. 117(2):165-6; Huxtable, R.				
Pesticide					
Sedative	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)				

GENTIANOSE	Root	--	--		*
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GENTIOBIOSE	Root	--	--		*
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GENTIOPICRIN	Root	--	--		*
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Activities (4)					
Antimalarial	Merck 11th Edition				
Fungicide					
Larvicide 1,300-2,00 mg/man					
Pesticide					

GENTIOPICROSIDE	Plant	--	--		*
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Activities (4)					
Antiedemic					
Antiinflammatory					
Choleretic	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.				
Gastrostimulant	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.				

GENTISIC-ACID	Root	--	--		*
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Activities (8)					
Analgesic	Merck 11th Edition				
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antifeedant					
Antiinflammatory	Merck 11th Edition				
Antioxidant 1/3 BHA					
Antirheumatic	Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.				
Antiviral	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Pesticide					

GENTISIN	Root	--	--		*
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Mutagenic Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.* Taylor & Frost, London. 791 pp.
Phytotoxic

IRON Root -- 910.0 0.88 *

Activities (6)

Antiakathitic Martindale's 29th
 Antianemic Martindale's 29th
 Anticanker
 Anticheilitic Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.
 Antimenorrhagic 100 mg/day/wmn/orl Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine.* John Bastyr College Publications, Seattle, Washington (Looseleaf).
 Prooxidant

MAGNESIUM Root -- 1150.0 -0.75 *

Activities (65)

AntiCFS
 AntiLyme 400-1,000 mg
 AntiMS
 AntiPMS 400-800 mg/day/wmn/orl
 AntiPMS 400-800 mg/day/wmn orl
 AntiRaynaud's 280-350 mg/day
 Antiaggregant 400 mg/day
 Antialcoholic
 Antianginal 400 mg/day Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.
 Antianorectic Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.
 Antianxiety 400 mg/day Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.
 Antiarrhythmic 400 mg/day
 Antiarthritic Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.
 Antiasthmatic Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine.* John Bastyr College Publications, Seattle, Washington (Looseleaf).
 Antitherosclerotic 400 mg/day
 Anticephalagic
 Anticlimacteric 500-750 mg/day
 Anticonvulsant Facciola, S. 1998. *Cornucopia - A Source Book of Edible Plants.* Kampong Publications, Vista CA. 713 pp.
 Anticoronary 400 mg/day Chalem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. *Syndrome X - The complete nutritional program to prevent and reserve insulin resistance.* John Wiley & Sons, New York. 272 pp. \$24.95
 Antidepressant Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.
 Antidiabetic 400-800 mg/man/day
 Antidysmenorrhagic 100 mg 4 x/day Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.
 Antiendometriotic 500 mg/day
 Antienterotic
 Antiepileptic 450 mg/day
 Antifatigue
 Antifibromyalgic 200-300 mg 3x/day
 Antigastroic
 Antiglaucomic
 Antihyperkinetic Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.
 Antihypertensive
 Antihypoglycemic Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.
 Antiinflammatory 100 mg 4 x/day Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.
 Antiinsomniac Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.
 Antilithic Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine.* John Bastyr College Publications, Seattle, Washington (Looseleaf).
 Antimastalgic Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine.* John Bastyr College Publications, Seattle, Washington (Looseleaf).
 Antimenopausal 500-750 mg/day
 Antimigraine 200 mg/day/man Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.
 Antimitral-valve-prolapse
 Antinephrolytic
 Antineurotic Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.
 Antiosteoporotic 500-1,000 mg/day/wmn/orl
 Antiplateque 500-1,000 mg/day
 Antiretinopathic 400 mg/day Chalem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. *Syndrome X - The complete nutritional program to prevent and reserve insulin*

Antispasmodic	
Antispasmodic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

MANGANESE Root -- 98.0 0.62 *

Activities (14)

AntiPMS	
Antialcoholic	Forest H. Nielsen, USDA, Grand Forks, various publications.
Antianemic	Martindale's 28th
Antiarthritic	
Antidiabetic 3-5 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic 10-30 mg/man/day	
Antidiscotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidyskinetic	Martindale's 28th
Antiepileptic 450 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic	
Antiototic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antioxidant	
Antisyndrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypoglycemic 10-30 mg/man/day	

POTASSIUM Root -- 8980.0 -0.5 *

Activities (14)

Angiotensin-Receptor-Blocker	
Antiarrhythmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antispasmodic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antistroke	
Anxiolytic	
Beta-Blocker	
Cardioprotective 3,000-5,000 mg	
Cardiotoxic 18,000 mg/man/day	
Diuretic	
Hypotensive	
Vasodilator	

SODIUM Root -- 140.0 -0.45 *

Activities (1)

Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
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Antisynrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitinnitic 60-120 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th
Detoxicant (Alcohol)	
Ergogenic	
Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunosuppressant 300 mg/day/6 wks/orl/man	Martindale's 29th
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Leptingenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. J. Pharm. Pharmacol. 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Testosteronigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th